***Sweet Lassi***

1 cup plain yogurt

1 cup cold water

3 ice cubes

4 T. sugar

½ cup fresh fruit ( may use frozen)

1. Pour yogurt and water into blender
2. Add ice cubes, sugar, fruit
3. Blend on high speed until all ice is gone.

***SHEB KI CHATNI***  Apple Chutney

*Chutneys are similar to relishes except they combine both sweet and tangy ingredients. Chutneys are an important part of any Indian meal as their sweetness complements the deep, spicy flavors of most Indian cooking*.

3 tart apples ( like Granny smith)

1 ½ cups dried fruit - can use peaches, apricots, pears, raisins

2 cloves garlic – minced

2 teaspoons fresh ginger, chopped finely

1 teaspoon salt

¼ teaspoon cayenne pepper

1 cup vinegar

1 2/3 cup sugar

1. Peel and chop apples, garlic, ginger
2. Place all ingredients in a saucepan. Bring to a boil over medium-high heat. stir well.
3. Reduce heat to low. Simmer for 25 minutes, stirring every 10 minutes. Mixture will become thick
4. Remove from heat and cool.
5. Store chutney in a covered dish in refrigerator.